



All children born in 2010  
are invited to join us for a  
Kindergarten Open House at  
your local DSBN public school!

**Thursday, February 6**  
**4:00 - 6:00 p.m.**



See inside for more information  
or visit our Kindergarten website:  
[www.dsbni.org/kindergarten](http://www.dsbni.org/kindergarten)



**Come on in to  
our Kindergarten Open House!**



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## What can my child expect in Kindergarten at the DSNB?

Your child can expect to be warmly welcomed by our educators, school administrators and support staff. They can also expect to learn, explore and grow in a safe, colourful and vibrant classroom. Your child can look forward to a variety of fun and engaging experiences that will develop their love for learning.

## What will my child learn in Kindergarten?

Kindergarten begins to lay the foundation for all other learning in school. Much of the learning is play-based and encourages students to become increasingly independent and to solve problems.

The program will help students develop their language and math skills, while offering opportunities to engage with science, technology and the arts. Students will also be given many opportunities to exercise, play and develop important social skills with their peers.

## What can parents expect?

Kindergarten is a big change for both you and your child. We are committed to making this transition as smooth as possible for you and your family.

You can expect to have regular communication with your child's teacher and many opportunities to discuss their progress. There will also be many opportunities for you to get involved and to be part of your child's education.

This is a shared journey and we look forward to working with you!

## How old does my child have to be to register for Kindergarten?

If your child was born in 2010, they can start Kindergarten in September 2014.

## How do I know if my child is ready?

Children who are ready for school are:

- happy playing with others
- eager to learn
- beginning to take responsibility for themselves and others
- beginning to be independent
- curious
- learning to cooperate

## How do I register?

Start by downloading your child's registration form. Visit:

[www.dsnb.org/childcare](http://www.dsnb.org/childcare) and click "Register"

Bring the completed form with you when you attend the Kindergarten Open House at your local DSNB school. There will also be forms available on Open House night.

## To complete registration, you will need your child's:

1. Birth Certificate, Birth Registration or Baptismal Certificate
2. Immunization Certificate
3. Provincial Health Card
4. You may be asked for proof of address

## What if I can't attend the Open House?

No problem! Call your local DSNB elementary school to register and arrange a personal tour.

### FORT ERIE

**Crystal Beach Public School**  
145 Derby Road, Crystal Beach  
(905) 894-3900

**Garrison Road Public School**  
1110 Garrison Road, Fort Erie  
(905) 871-4830

**Peace Bridge Public School**  
105 Torrance Street, Fort Erie  
(905) 871-5962

**Ridgeway Public School**  
143 Ridge Road, Ridgeway  
(905) 894-3751

**Stevensville Public School**  
3521 Main Street East, Stevensville  
(905) 382-3122  
A Child's World  
Child Care On-site  
(905) 382-3122

### GRIMSBY

**Central Public School**  
10 Livingston Ave., Grimsby  
(905) 945-5459  
YMCA Childcare On-site  
905-945-6761

**Grand Avenue Public School**  
14 Grand Avenue, Grimsby  
(905) 945-2227  
Lakewood Daycare On-site  
905-945-0431

**Lakewood Public School**  
33 Olive Street, Grimsby  
(905) 945-5427  
Lakewood Before & After  
School Program On-site  
905-945-0431

**Nelles Public School**  
118 Main Street East, Grimsby  
(905) 945-8022  
Kidzdom Preschool On-site  
905-309-9997

**Park Public School**  
217 Main Street East, Grimsby  
(905) 945-2445  
YMCA Child Care On-site  
905-945-1431

**Smith Public School**  
18 Quies Road North, Grimsby  
(905) 945-8014  
YMCA Child Care On-site  
905-309-0614

### LINCOLN

**Jacob Beam Public School**  
4300 William St. Box 390, Beamsville  
(905) 563-4209  
YMCA Child Care On-site  
905-563-3918

### Senatar Gibson Public School

4944 John Street, Beamsville  
(905) 563-7431  
YMCA Child Care On-site  
905-563-6037

**Vineland Public School**  
4057 Victoria Avenue N, Vineland  
(905) 562-5211

**NIAGARA FALLS**  
**Cherrywood Acres Public School**  
4635 West Avenue, Niagara Fall  
(905) 356-2801  
A Child's World  
Child Care On-site  
289-497-5678

**Forestview Public School**  
8406 Forestview Blvd., Niagara Falls  
(905) 354-8261  
A Child's World  
Child Care On-site  
905-354-4010

**Greendale Public School**  
5504 Montrose Ave., Niagara Falls  
(905) 358-8111

**Heximer Avenue Public School**  
6727 Hooker Avenue, Niagara Falls  
(905) 358-0932

**James Morden Public School**  
7112 Dorchester Road, Niagara Falls  
(905) 358-5011

**John Marshall Public School**  
3910 St. James Avenue, Niagara Falls  
(905) 358-3711

**Kate S. Durdan Public School**  
6855 Kalar Road, Niagara Falls  
(905) 356-0408  
YMCA Child Care On-site  
905-354-4555

**Martha Cullimore Public School**  
3155 St. Andrew Ave., Niagara Falls  
(905) 358-5142

**Orchard Park Public School**  
3691 Dorchester Road, Niagara Falls  
(905) 354-3916

**Princess Margaret Public School**  
6624 Culp Street, Niagara Falls  
(905) 354-2333  
A Child's World  
Child Care On-site  
905-357-5244

**River View Public School**  
3300 Cappel Drive, Niagara Falls  
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THURSDAY, JANUARY 23, 2014

## Milestone Birthdays

Women have a combined 210 years of stories  
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## Community Involvement

Students raise funds for homeless youth  
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## Energy Hearings

Wind Energy still open to negotiation, Rankin says  
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## Traded to Pirates

Learn closer to home in Port  
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# INPORTNEWS

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For news updated daily see [www.inportnews.ca](http://www.inportnews.ca)

■ **RENEWABLE ENERGY:** Council urged to use local improvement charges to help homeowners

VBESAN THOMPSON/  
QMI AGENCY  
In this QMI Agency  
file photo, a pair  
of solar panels  
are installed  
on farm land  
along Rest Acres  
Road, just south  
of Paris, Ont.  
A presentation  
was made to  
Port Colborne  
council Monday  
night asking the  
city to finance  
residential solar  
panels through  
local improvement  
charges.



## Port could finance solar panels

MARYANNE FIRTH  
QMI Agency Niagara

Albert Zappitelli hoped to shed light on a potential opportunity during a recent visit to city hall.

The owner of Umbrella Energy asked Port Colborne councillors on Monday to consider using local improvement charges, a financing tool previously used only for infra-

structure projects, to assist residents in the purchase of solar panels for their homes. An amendment made by the Ontario government in 2012 now allows municipalities to offer low-interest financing for residential home improvements aimed at reducing energy or water consumption, Zappitelli said.

See **SOLAR** on Page 2

HometownRealEstateGuy.com

**Michael Smith**  
SALES REPRESENTATIVE

TOP 10  
RLP AGENT  
2012

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A: Buyers are more motivated to close. While there may be fewer buyers in the winter, the ones who are in the market want to close quickly. These are the folks who want to buy a home, and they want to buy it now. Call me direct for more benefits.

# LOCAL NEWS

■ **TURBINES:** Decision to award tax dollars to aid legal battles of business cheered and jeered

## Council told to get ethics training, resign

**GREG FURMINGER**  
(MI) Agency Niagara

Wainfleet politicians are getting thumbs up for awarding \$40,000 in taxpayer money to a private company to fight its legal battles against another private company.

But for making that decision in the ongoing war on turbines, aldermen also were told Tuesday night to get some lessons in ethics and resign from office.

"We do realize it's a really divisive issue," Mayor April Jeffs said of township council's 3-1 decision on Dec. 10 to pay Skydive Burnaby \$40,000 in its legal fight against Wainfleet Wind Energy, which plans to erect two turbines near the parachuting club.

That decision sparked Wainfleet Wind Energy to launch its second lawsuit

against the municipality.

Jeffs said Tuesday night council believes it is "protecting the municipality" by aiding the skydiving club.

"We're using every tool in the toolbox to do so," she said.

Aldermen went behind closed doors at the start of their 6 p.m. meeting with the township lawyer, who Jeffs later said will continue to look into the matter of the political contribution to Skydive Burnaby and ensuing lawsuit.

"Nothing has been given to anybody at this point," Jeffs said.

Whether council proceeds with its Dec. 10 decision will be discussed at its next meeting, Jan. 28.

Joan Anderson wants council to either the decision

or establish terms of repayment for the \$40,000.

"This is purely a fiscal concern about the use of taxpayer moneys," Anderson said in her address to council, explaining she's not taking sides in the turbine debate.

"Enough taxpayer money has been directed this single issue," Anderson said. "This is not where some of us expect you to spend our money."

Figures presented by municipal treasurer Robyn Madere showed from 2012 to Sept. 13, 2013, the township had spent \$193,600 fighting turbines, including on legal fees and \$66,645 awarded to Wainfleet Wind Energy, which successfully sued to strike down a township bylaw that called for a 2-km residential setback for wind tur-



**Wainfleet Mayor April Jeffs.**  
SUPPLIED PHOTO

bines, rather than the 500-metre setback required as part of the Green Energy Act. Andrew Watts told his

elected officials he'd prefer the \$40,000 awarded to Skydive Burnaby not be spent, but he said he views it as "a continuation of the fight" launched by council and that there is no other option.

"You have tried to protect all Wainfleet residents," said the staunch turbine opponent as he warned ill health effects and diminished property values will accompany the erection of wind turbines.

Still, while Watts had supporters cheering him on, Dan Augustine, too, received applause. He said "outrage, total disgust and despair" is what he felt after learning of council's move to help fund Skydive Burnaby's legal battles.

He questioned why a hasty decision was made at the Dec. 10 meeting, how council came up with a \$40,000 fig-

ure and why no written terms of the arrangement were provided.

"I find this bizarre, outrageous, unethical and a continuous waste of taxpayers' money. Whoever voted for this donation should resign immediately," Augustine said.

Ald. David Wyatt countered by suggesting money being spent on the turbine was this one time will pale in comparison to years of lost tax revenues as a result of decreased property values caused by turbines.

Council's Jan. 28 meeting starts at 6 p.m. with preliminary discussion on the 2014 budget, followed by a regular session at 7 p.m.

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■ **SOLAR**

## Port could see its own solar energy farm

From Page 1

Funds can be borrowed from the city and payments made through the homeowner's property taxes over 10 or more years.

Net metering in homes, with solar energy feeding into the grid, is "becoming more favourable for the future," Zappitelli said.

"My house is not metered," he

said. "When the sun shines, my meter goes backwards. When it's dark, my meter goes forward. At the end of the year I have a zero balance on my hydro."

Buying into net metering would cost the average household about \$25,000, Zappitelli said.

"But when it's paid in 10 years, what's your house worth?" he asked. "You have

no hydro bill. You'll get your initial investment back."

A standard, well-performing, 10-kilowatt system will output power that will yield at least \$22,800 in savings over 10 years, he said, adding that payout will grow if electricity rates continue to increase as projected.

The panels do not need to be installed directly on homes

or even be connected, Zappitelli said. A co-operative can be built on a city-owned brownfield and residents' panels kept there.

"You pay \$25,000, but your panel goes in the park," he said.

Ward 4 Coun. Ron Bodner questioned the life of the equipment and whether there were any ongoing costs

with the project.

All Ontario-made solar panels come with a 25-year warranty, Zappitelli said, which "means 15 years of free hydro" after the balance is paid off. There are, however, maintenance costs associated with the equipment, he said.

If Port Colborne were to get on board, it would be one of the first cities in Ontario to do

so, Zappitelli said.

"Port Colborne is the right size with the right attitude of council and the right demographic."

The issue was referred back to city staff who will bring forward a report on potential options at a future meeting.

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# LOCAL NEWS

■ **LIFE:** Women have a combined 210 years of stories

## Milestone birthdays in Port, Welland

**MELISSA MANGELSEN**  
Tribune Staff

The early 1900s was a time for innovation. The electric vacuum cleaner, coffee filter, paper cups and neon lamps were introduced. On Jan. 16, 1908, Lotta Fretz of Port Colborne was born and on Jan. 20, 1910 Elena Turroni of Welland was born. The two south Niagara women celebrated their birthdays — Fretz her 106th and Turroni her 104th — Thursday.

Fretz is the oldest resident Port Village has ever had. "I grew up in a very Christian family, we didn't drink or smoke. We didn't do most of the things that people considered fun," Fretz said with a laugh. "But we really enjoyed life. I had an unusual, but wonderful childhood."

Fretz took her passion for problem solving and the knowledge she gained from her father and worked her way through the ranks of elementary school teacher to high school teacher. From there, she became the first female school superintendent in North York.

"I was the first woman to represent the government at that level, but it was high time that it happen," said Fretz, who beat out 27 men to get the job.

"I enjoyed teaching and problem solving. It was very fulfilling."

Though her dad died when she was young, Fretz

said one thing he always said to her had stuck in her mind. He told her that if anything could be done, she could do it. "All daddies should tell their daughters that. I never doubted what he said, I always believed what he said, I was very stubborn and determined."

Leading the way in the catering business was Turroni, who was gathered with friends to celebrate her 104th birthday Thursday.

"I did catering and was a chef. At that time I was the only caterer in Welland," said Turroni, who has also written numerous cookbooks.

Her home in Welland is decorated with detailed paintings that she also created.

Turroni recalled a very different Welland when she was growing up compared to what it is now.

"I was born on Burger St. in Welland. It was such a vibrant and active city, everything that happened, happened downtown," she said. Groups held dances, industry was booming and you could leave your doors unlocked without any fear, she said. "In those days Welland, was great," she said.

Turroni's father had roots in Welland as well, being a jack of all trades. He owned a bakery, ice cream parlour and made Italian cheese using the milk of 100 cows. "We had cheese in all our shelves. We had an entire



PHOTOS BY MELISSA MANGELSEN/PELHAM NEWS STAFF

Executive members of the Charter of Regina Lodge #20 Order Sons of Italy of Canada helped Elena Turroni (front) celebrate her 104th birthday, which is on Monday. From left, Teresa Dsabo, treasurer, Mary Molica, president, Teresa Albano, trustee and Diane Sauder, secretary. Turroni was born in 1910.

room that was cheese being cured," laughed Turroni.

She is also an original member of the Charter of Regina Lodge #20 Order

Sons of Italy of Canada.

Though their birth days fall on different dates, the two milestones tell a story of changing times.

The iron lung, penicillin, jet engine and Scotch Tape were also created during their lifetimes.

"I've been blessed in life to have the support and friendship of so many amazing and kind people. I

couldn't have done what I had if it wasn't for the people I surrounded myself

with," said Fretz.

[melissa.mangelsen@pelhamnews.ca](mailto:melissa.mangelsen@pelhamnews.ca)



Lotta Fretz of Port Colborne celebrated her 106th birthday, Jan. 18 at Port Village. Fretz, who was born in 1908, is the oldest resident Port Village has ever had.

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# INPORT NEWS

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## ■ ourview

## Revisionist history lesson from Coun. Stevens

There are many painful things in life. Hitting your thumb with a hammer. Getting stung by a bee. Undergoing a root canal. Listening to Coun. Jenn Stevens deliver a lecture on democracy.

At St. Catharines city council this past Monday, Stevens gave her colleagues an unsolicited lesson on municipal politics. The issue at hand was how council should fill the seat left vacant by Greg Washuta, who resigned late last month.

Staff presented council with two options: hold a byelection or appoint a replacement. If council chose to appoint, it could select the third-place finisher in St. George's Ward from the 2010 election, consider the nomination of someone else or advertise for interested candidates.

Stevens was critical of the staff report, claiming it lacked important information. So, she provided some of her own. Stevens said council has, in the past, held byelections on some occasions, and opted for appointments at other times.

"It's important to note that all appointments occurred prior to 1960," she said, because councillors were elected city-wide and it would have been costly to hold byelections.

I doubt that was the reason. Council terms were for one year prior to amalgamation in 1961. What would have been the point of holding a byelection halfway through those terms?

As for the assertion that no appointments have occurred since 1960, that's pure poppycock.

In October 1967, Mayor Bob Johnston was elected MPP. When he finally resigned as mayor in early 1968, council selected Al. Mac Chown as his replacement. It then appointed Stewart Willmott to fill Chown's vacant seat on council.

In 1973, council appointed Joe LaPlante to council, filling the vacancy created when Kirby Howe resigned for work reasons.

In the spring of 1977, Ald. Jim Bradley was elected MPP. His seat was filled by council appointee John Washuta.

After Ald. Mike Collins unexpectedly resigned in 1978 for personal reasons, council appointed Bill Luey to the Merrinton seat. In 1980, another vacancy was created in Merrinton when Len Leo resigned for health reasons. This time, though, council broke with recent tradition, choosing to hold a byelection rather than appoint third-place finisher Fred Lindal, Stevens' father.

Think she might be carrying a grudge?

City clerk Bonnie Nistico told council the cost of a byelection in St. George's Ward would be "anywhere from \$40,000 to \$60,000" and likely couldn't be held until late April.

Stevens contended: "While costs of a byelection must always be an important consideration in filling a vacancy, in my opinion one cannot put a price on democracy."

Perhaps. But I think one can put a price on lunacy.

And that would be spending any amount on an April byelection, following which the winner would get to attend fewer than 10 council meetings before the regular municipal election in October. Painful stuff.

cherrid.nistico@gmail.com

# "Heartbreaking"

FR DAVID GRAHAM SCOTT

St. Ignace of Antioch Orthodox Church

Literally translated from the Greek, euthanasia means a good death. But by 1961 Roman Catholic ethicists called euthanasia a term that is ambiguous and misleading in regard to end-of-life care.

Even the distinction between active euthanasia (killing) and passive euthanasia (letting die) is unhelpful. And now Quebec's Bill 52 would redefine palliative care to include medical aid in dying. This is part of sinful humanity's tendency to clothe the culture of death in euphemisms.

The prophet Isaiah reported God's condemnation of redefining words. "Woe to those who call evil good, and good evil; who put darkness for light, and light for darkness; who put bitter for sweet, and sweet for bitter" (5:20).

Christ Jesus our Lord said, "I tell you, on the day of judgment men will render account for every careless word they utter" (Matthew 12:36).

The Orthodox liturgy includes the bidding prayer to ask of the Lord, "A Christian ending to our life: painless, blameless and peaceful; and a good defense before the dread judg-

ment seat of Christ."

Fr. Stanley Harkas declared that the only 'good death' for the Christian is the peaceful acceptance of the end of his or her earthly life with faith and trust in God and the promise of the Resurrection.

Fr. John Breck writes that it is essential that dying persons be able to prepare for death. They need to preserve to the fullest extent possible a conscious and personal relationship with God and with other people. They need to be able to profess and receive Holy Communion one last time. And they need to know that they are accompanied by the presence and prayer of those who love them and can surrender them gently and peacefully into the hands of God. That is what a good death is.

The biblical witness to human life is that it is a sacred gift bestowed by God, which is to be received, cherished and offered back to God as an expression of faithful stewardship. Fr. John Breck writes, "This traditional Christian vision of the person, created in the divine image and destined for eternal participation in divine life, is what gives ultimate meaning to our life and our death."

Christ put it this way: "I have come that they may have life, and

that they may have it more abundantly" (John 10:10).

Quebec's Bill 52 to make euthanasia part of palliative care is based on questionable secular assumptions that there is no God, that everything is matter, and that the human being is autonomous and makes his or her own meaning of life.

Bill 52 is based on Belgium's legislation. There are well documented reports of euthanizing not only those near death but also the disabled and children, without consent. The so-called safeguards in legislation are falling in both Belgium and the Netherlands. The slippery slope is not a myth. (See [www.thedee.ca](http://www.thedee.ca) or [www.epoc.ca](http://www.epoc.ca).)

An Abingdon Research poll of 500 Quebecers in October 24-26 last year showed that at least 72% of respondents supported legalizing medical aid in dying. But after being informed of the dire consequences that similar laws have brought about in other countries, the favorable response dropped to 35%.

Let us hope and pray that both the Quebec National Assembly and Parliament will affirm the Criminal Code prohibition of euthanasia, a prohibition that has been confirmed by the Supreme Court of Canada on more than one occasion.

## ■ readers'views

### RE: HOSPITAL CLOSURES NO SURPRISE

Deb Matthews' announcement to build a new billion-dollar hospital just a few kilometres away from the new St. Catharines acute health-care facility and close all other Niagara hospitals is no surprise.

What is surprising is that Kevin Smith and the health minister bought into Mayor Jim Diodati's false spin that Niagara Falls is part of south Niagara. It is not and never will be. The Liberals may have won another battle by buying votes just before a byelection, but they have not won the war. A provincial election is on the way and it cannot come soon enough to remove the incompetence that has cost Niagara and Ontario taxpayers enormously now and for many generations to come.

MARK ROBINSON  
PORT COLBORNE

### WAINFLEET DISAGREES

Tom Ranken, you do not in any way represent the beliefs of myself or my family. We could not be further apart and disagree more with your take on funding for Skydive Burnaby. Responding to your statement in a recently archived article that said "I'm representing (Wainfleet) taxpayers that are pretty upset about the whole shenanigans," why do you assume you are the only businessman who has the right to fight for his livelihood? We stand behind Mayor April Jeffs and township council for financially supporting Skydive Burnaby. Taxpayers' money is going to a great cause supporting a local historic business. In our estimation, Mayor Jeffs is a courageous and intelligent leader willing to fight and does not fold like two previous mayors who you bragged welcomed your wind turbines at last year's regional council.

We would say the silent majority of taxpayers still have concerns over

health issues, wildlife fatalities and the eyegore that come along with wind turbines. Ironically it is you who is bringing on the lawsuit so in reality you are the one causing Wainfleet taxpayers money.

FAYE SUTTONS  
WAINFLEET

### JUST IN TIME

On Dec. 13, I had emergency surgery for an obstructed bowel. Dr. P. Kozlars examined me in Welland and an hour later, I was going into the operating room. Because of his quick action, I and my family know he saved my life. Six days on the fourth floor with those angels of mercy helped me recover sooner than expected. The front-line medical staff does a magnificent job of care and support for their patients.

JACK MCDOWELL  
PORT COLBORNE

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# LOCAL NEWS

■ **MUNICIPAL FINANCE:** Wainfleet fire department looking to recoup some costs

## \$50,000 lien placed on meth lab property

GREG FURNINGER  
QMI Agency Niagara

A \$50,000 lien has been placed on a Wainfleet property housing a barn that was said to be operating as a meth lab when police raided it in January 2011.

Aldermen agreed at Tuesday night's township council meeting to place a "priority lien" on the property identified as 85014 Marsha-

gan Rd., at Creek Rd. The lien was placed under provisions of the Fire Protection and Prevention Act.

According to a township report, the owner has agreed to pay the costs associated with the fire department's role in dismantling the highly volatile operation, but because matters are still before the criminal courts are unable to pay.

Township chief administra-

tive officer Scott Luey told aldermen lawyers for the municipality and the property owner agreed to the \$50,000 figure, although he said it's a "far smaller amount" than actual costs borne by the township.

The \$50,000 is subject to proceeds-of-crime legislation for which the municipality will be paid by the court system upon conviction, or by the owner if

acquired.

In a news release that followed the raid on the methamphetamine lab, Niagara Regional Police reported "the flammable solvents, acids and other poisonous and caustic chemicals used pose a risk of fire or explosion, and the criminality and danger that accompanies these labs is ever present."

"The dismantling of the

lab is a dangerous and hazardous operation..."

Police called in the Wainfleet fire department, Niagara's hazardous materials team and Niagara paramedics to assist with dismantling the lab.

Two Pelham men still face charges of producing a controlled substance and possession of a controlled substance for the purpose of trafficking in connection

with the bust in Wainfleet, as well as a related raid at a residence at 49 Foresthill Cres. in Pelham.

Police said \$50,000 in cash was seized from the Pelham residence and an unspecified amount of meth was located at the converted Wainfleet barn.

greg.furninger@sunmedia.ca  
Twitter: @GregAtTheTrib

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## Voices, Hearts & Hope Niagara Men's Chorus

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# LOCAL NEWS

## EDUCATION



MELISSA HANGLSEN/PELHAM NEWS STAFF

Students at Lakeshore Catholic High School raise awareness and funding for youth homelessness through the Raising the Roof Campaign. From left, David Lee, Emily Garon, Samantha Chapman, Lindsay Huffman and Mikhail Salway.

## Suffering From Lactose Intolerance?

Do you often feel like you want to throw up, feel bloated, get crampy, suffer from gas or get a rumbling in your guts after drinking milk or eating ice cream or other dairy foods? If so, you may be lactose intolerant. It is uncomfortable and sometimes painful and lactose intolerance is also a very common ailment.

Lactose intolerance means your body cannot easily digest lactose, a type of natural sugar found in milk and dairy. This is not the same thing as a food allergy to milk.

When lactose moves through the large intestine (colon) without being properly digested, it can cause uncomfortable symptoms such as gas, belly pain, and bloating. Some people who have lactose intolerance cannot digest any milk products. Others can eat or drink small amounts of milk products or certain types of dairy without problems but too much and it is a problem.

Unfortunately lactose intolerance is be-



coming fairly common in adults and there seems to be more and more sufferers everyday. The challenge for people who are lactose intolerant is learning how to eat to avoid discomfort.

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Information is provided for reference only. For specific health issues consult your local natural health practitioner.

# Students raise funds for homeless youth

MELISSA HANGLSEN  
Pelham News Staff

**PORT COLBORNE**—Students at Lakeshore Catholic High School in Port Colborne are working to raise awareness and funds to make a difference for youth homelessness.

Grade 12 students, who are all part of Lisa Bowers' philosophy class, are participating in the Raising the Roof program that is a long-term solution for Canada's homeless.

The program focuses on homeless youth between the ages of 16 and 24 across the country.

"This is our way to help get homeless youth off the street. This is our second

year doing Raising the Roof," said student Emily Garon. The initiative raised \$3,600 last year and helped 77 youths.

This year's campaign began at the end of November and wrap up with Toque Tuesday on Feb. 4. Students will play a dodgeball game against the teachers, with the 1972 Summit Series as the theme.

"The teachers will be Team Canada and the students are Russia. There's something about dodgeball that the students love," said Bowers.

Students will pay to participate in the game, spectate and dress down for the day. All proceeds raised through ticket sales will go to Port Cares.

To help raise awareness, students at the school have simulated what life would be like for a homeless youth. It has a garbage can for heat and a cardboard box for shelter. Students sit in the made-up scenario to grab the attention of students and teachers walking past. The program is part of the students' Christian Community Service project.

"The students are always really proud and excited to do this. We're provided with numbers from Port Cares, so we're able to know exactly how we are helping," said Bowers.

After a successful campaign last year Garon said they have upped their fundraising goal and hope to reach \$4,000.

In addition to selling tickets and setting up the homeless scenario in the halls of the high school, the technology class will be constructing a street house, which is a detailed architectural project for them. The house will be on display at Niagara Square in Niagara Falls.

"It's a really great cause and something that we're happy to be a part of," said Garon.

Students from schools all over Niagara are involved in the campaign, including elementary schools in Port Erie, Crystal Beach and Port Colborne.





# LOCAL NEWS

■ **CATHY PIETZ:** Canal-side walkers asked to keep eyes open for clues

## Police expect another dive for missing woman

**GREG FURNIERER**  
Tribune Staff

PORT COLBORNE — People walking along the Welland Canal here are asked to keep their eyes peeled for clues into the disappearance of 56-year-old Cathy Pietz.

On Jan. 9, Niagara Regional Police combined its winter underwater search and recovery and marine unit's training with a search for the Welland woman not seen since early December.

If people are out hiking or walking their dogs along the west bank of the canal, they should be observant of bent saplings or tire tracks, said Const. Rich Gauthier.

"We need more eyes — and that's operating on the assumption that she's in the water," he said of Pietz.

The police dive just over a week ago produced no evidence.

"No clues, but we do anticipate doing some more diving," Gauthier said, adding it will again be south of the Clarence St. bridge.

But before police can do that, they need to co-ordinate operations with St. Lawrence Seaway Management Corp.

Conducting a dive in the Welland Canal, he said, requires far more consent and planning than one that would take place, for example, in the city-owned Welland Recreational Canal.

Gauthier said police hope to use side-scan sonar during their next dive.



**CATHY PIETZ**

Pietz's family is being kept up to date on developments in the police investigation.

Pietz was last seen at her family home in Welland at about 10:30 p.m. on Dec. 6. Police are not treating her disappearance as suspicious. She is believed to have been driving a red four-door 2001 Pontiac GT1 with Ontario licence plate AWYV176.

Police are asking anyone with information to call 905-735-7811, ext. 3306.

## Award-Winning Musical Tribute to "The Eagles" Coming to Roselawn Theatre

"Welcome to the Hotel California"...

Calling all fans of legendary 1970's Country-Rock group "The Eagles"! On Saturday February 22 at 8:00pm, the music of The Eagles will be celebrated at the Stephen Leacock Theatre in Keswick with a new Canadian touring show called "New Kid In Town: The Ultimate Eagles Tribute". Comprised of some of Canada's leading session musicians, "New Kid in Town" will perform all of the legendary hits from the Eagles extensive career with amazing "note for note" accuracy.

The evening will be comprised of two sets, with the first half featuring all the songs from the multi-million selling album "Eagles Greatest Hits 1971-1975" including "Take It Easy", "One of These Nights", "Tequila Sunrise", "Peaceful Easy Feeling" and "Desperado" amongst the audience favourites. After an intermission, the band will return with more classic hits from the latter portion of The Eagles career including "Life in the Fast Lane", "The Long Run", "Heartache Tonight" and their signature song "Hotel California".

As a bonus, the multi-talented "New Kid In Town" cast will also perform solo hits made famous by Eagles band members Don Henley, Glenn Frey and Joe Walsh.

Rob Killian, who plays keyboards and is one of three lead vocalists in the show, notes "New Kid In Town is a family oriented, audience-interactive performance where the crowd will know and love every song." Rob is also excited about the Canadian music award the band was recently awarded in Niagara Falls, adding "It's nice to have all the hard work we've put into this show recognized by the music industry."

Tickets to see "New Kid In Town: The Ultimate Eagles Tribute" at the Roselawn Theatre in Port Colborne on Saturday February 22 at 8:00pm are on sale now. Value-priced at only \$29 (all inclusive), tickets are available by phone 905-834-0833, or via pick-up at the theatre box office at 296 Fielden Avenue, Port Colborne.

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# Region seeking agencies to help the homeless

**ROB HOULE**  
QMI Agency Niagara  
Niagara Region has put out a call

for social agencies willing to help the homeless.  
Niagara Region Community Services is seeking proposals for the

delivery of homeless services such as emergency hostels and outreach, from July 1, 2014 to Dec 31, 2016.  
"The province has some provin-

cially mandated programs and the federal government has some homelessness programs," said Sarah Pennisi, the Region's director of social assistance and employment services.

"We receive the funding from those levels of government and we co-ordinate and oversee the provision of homelessness services in Niagara."

Annual funding for those services is approximately \$4.2 million — \$2.55 million from the province, \$1.3 million from the Region and \$411,470 from the federal government.

The Region is looking for agencies to provide emergency hostel services.

"So if someone has no place to live, they can go and stay in an emergency hostel," Pennisi said.

The Region is also looking to contract outreach services, wherein agencies will "drive out to all our communities and seek out people who are living under bridges and streets, and give them some of the basic necessities they need — something warm to eat, maybe

a warm pair of socks."

The request for proposals also seeks agencies to provide transitional housing services. The agency will help people moving from being homeless to finding permanent accommodations, but who require some support in the way of access to mental-health, addiction or employment services.

"Lastly, we have prevention services," Pennisi said. "For example, maybe a household that is struggling with making ends meet and they received an eviction notice. The agencies that we contract with, they provide some of those prevention services to help people continue to negotiate with their landlord so they don't become homeless in the first place."

The Region is accepting proposals until Feb. 6. Agencies interested in applying can access the request for proposals at [www.niagararegion.ca/business](http://www.niagararegion.ca/business) and click on the "bid opportunities" link.

rob.houle@summa.ca  
Twitter: @RobH\_Standard

**Saturday, February 22, 2014**

2:00pm, 4:30pm & 7:00pm

at Bowl-O-Rama 968 Niagara St., Welland

**Sunday, February 23 & Saturday**

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### EMERGENCY HOSTELS

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HOPE House  
The RAFT

Salvation Army Booth Centre  
Start Me Up Niagara — Out of the Cold

### PREVENTION

(Housing help)

The RAFT — Youth Reconnection  
Port Cares — Housing Futures  
Prevention Project

The HOPE — Centre Community Coach

### Start Me Up Niagara — Housing

Prevention Service  
Community Care of St. Catharines/Thorold — Integrated Service Strategy (Niagara Emergency Energy Fund)

Community Care of St. Catharines and Thorold

Community Care of West Niagara

HOPE Centre

Port Cares

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**JANUARY 23****ROSE CITY TOASTMASTERS**

open house, 7 p.m. to 9 p.m. in Welland Arena's lower community room. See how impromptu and prepared speeches in a fun and supportive atmosphere can improve the confidence, communication and leadership skills of anyone, 18 and up. For more information, call 289-696-3167 or visit [welland.toastmastersclubs.org](http://welland.toastmastersclubs.org).

**LEGO**

at Wainfleet Township Public Library 6 p.m. to 7:30 p.m. Children of all ages can drop-in during this time to build a Lego or Duplo creation. Please do not bring your own Lego.

**JANUARY 24****SPAGHETTI DINNER**

fundraiser at Wesley United

# INPORT DATEBOOK

Church, 244 First Ave., Welland, with sittings at 5 p.m. and 6:30 p.m. Dinner with salad, garlic bread, dessert, tea and coffee is \$13 or \$18 also with one glass of wine, children under 12 \$5, children under three free. For tickets call 905-738-5912.

**FISH Fry**

at the Royal Canadian Legion Branch 4 hall, 383 Morningstar Ave., Welland, starting 3 p.m. Cost is \$9 a person.

**JANUARY 25****FAMILY MOVIE**

The Croods is playing at Welland Library's Diamond Trail branch starting 1 p.m. This movie is rated G. Tickets are free and can be picked up at the circulation desk. For more information on Diamond Trail branch programs call 905-322-1061, visit the information desk or visit [www.welland.library.on.ca](http://www.welland.library.on.ca).



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**CANDYMAKERS BOOK CLUB**

meets at Welland Public Library. Kids aged seven to 12 can read a deliciously humorous book by Wendy Mass with friends and explore activities related to candy. This club meets from 1:30 p.m. to 2:30 p.m.

**INUIT ARTS AND CULTURE**

presentation Welland Public Library by Barbara Van-Helsdingen, a special

education teacher with the Kativik School Board in Northern Quebec. Van-Helsdingen will share her extensive knowledge on Inuit culture and arts. This workshop starts at 2:30 p.m. Register in advance as space is limited.

**PROGRESSIVE ECHURCH**

hosted by Fonthill Lionsess at the Fonthill Lions Hall, Hwy. 20, 7 p.m. Prizes, light food, cash bar, \$5 a person.

**JANUARY 26****PANCAKE BREAKFAST**

sponsored by Knights of Columbus, Fonthill, to be held following 9 a.m. and 11 a.m. masses at St. Alexander church, 50 Pelham Town Sq. Pancakes, eggs and sausage served. Monetary donations only. All proceeds to the St. Alexander building fund. Everyone welcome.

**PENNY SALE**

held by St. Kevin's Church Catholic Women's League. One hundred tickets for \$1. Doors open 12:30 p.m., draws start at 2:30 p.m. You must be present to win. Pizza and refreshments available for sale.

**FRUIT HUNTERS**

is a National Film Board of Canada documentary on the intertwining relationship of humans and the fruit we eat being shown at Welland

Public Library at 2 p.m. Free.

**JANUARY 27****HEARING CLINIC**

Connect Hearing will be at Pelham Public Library giving free hearing screenings and answering any questions. Free but please schedule your appointment ahead: 905-892-6068. Also on Feb. 24, both days 10:30 a.m. to 1 p.m.

**FAMILY LITERACY DAY**

story time and craft at Wainfleet Township Public Library from 3:30 p.m. to 4:30 p.m. Parents and their children are welcome to join us for a story and craft in recognition of Family Literacy Day. Call 905-899-1271 to pre-register by Jan. 22.

Continued on Page 15

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## Operations centre update

PORT COLBORNE — Though requests have come in to fast-track the city's new multimillion-dollar operations centre, red

tape may mean waiting for a fall build. During Monday's city council meeting, Ward 1 Coun. Bill Steele recommended the site selection process for the facility be expedited in order to take advantage of what he's heard are "all-time low" prices in the construction industry. Director of engineering and operations

Ron Hanson said a site could be selected as soon as May, but the process, which has regulated waiting periods to allow for public and agency comments, likely won't allow for a decision to be made before then.

The design of the facility has already been completed and just needs to be finalized before tender can go out in the fall, Hanson said.

Construction of the long-awaited centre hit a snag in late September when the site chosen for construction

back in 2009 was deemed unsuitable to build on. A search has since been underway to find a new location.

## Public meeting

PORT COLBORNE — The Ontario government's commitment of \$26.2 million to a new south Niagara hospital will be discussed at Monday's meeting of the South Niagara Health Care Corp. The public meeting takes place at 5 p.m. on the third floor of Port Colborne city hall.

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## WHAT'S NEW IN DIABETES CARE?

Right now one million Canadians have Type 2 diabetes and do not know it. That statement is from the Canadian Diabetes Association Website ([www.diabetes.ca](http://www.diabetes.ca)). Diabetes is a growing epidemic and health concern. There are new treatments and resources available to help manage diabetes.

Bayer and Roche have new meters recently available. Bayer has a meter called the Digidet. This meter is aimed at kids and rewards them for good monitoring habits. It comes with games and connects to the Nintendo DS or DS Lite system. Patients can get this through their local diabetes education center or specialist. Another new meter is called the A1C Now Selfcheck. This meter captures the three month average of a patient's glycosylated hemoglobin. This is close to lab results that your doctor sees and gives patients a very good idea how well controlled their diabetes is. This test can now be performed at certain pharmacies that have this meter.

Roche's new meter is called the Accu-Chek Mobile. This meter uses strip-free testing. Instead of inserting individual test strips for each blood test a cartridge is inserted which is good for 50 separate tests. The benefit of this machine is the elimination of strip handling which can be difficult for people with arthritis, Parkinson's or other dexterity issues. This machine is free for HUMALOG or NOVORAPID insulin users since they must test their blood sugar more often.

There is new medication available as well. VICTOZA is a relatively new product on the market. This medication is for patients with type 2 diabetes. This is a non-insulin, once-daily, injectable medication, that can help improve blood sugar and has been shown to be able to provide the additional benefit of weight loss. This medication may be used alone or with other medications such as METFORMIN. Other similar medications to this will be on the market shortly. You can call your insurance company to see if this medication would be covered for you.

Besides additional products on the market there are also additional services available for diabetes. Pharmacists can provide a diabetes medication consult, free to the patient, paid for by the Ministry of Health, and an unlimited number of diabetes follow-ups. These consults can involve the pharmacist explaining medications, insulin use, and glucometers. The pharmacist can also use the A1C Now meter and check your average three month blood sugar. Pharmacists can also provide referrals to diabetic community services and web resources that are available to patients.

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# LOCAL NEWS

## ■ HEARINGS

# Wind Energy still open to negotiation, Rankin says

GREG FURMINGER  
QMI Agency Niagara

An environmental review tribunal hearing into Wainfleet Wind Energy Corp.'s plan to erect two

turbines near Skydive Burnaby will resume one week from Monday.

Reached out of town Sunday, Tom Rankin said as the hearings continued last week, two days were also spent discussing a possible settlement but nothing came of it.

Those negotiations took place in private.

Despite no resolution in the matter, Rankin said a settlement option is still up for negotiation.

Skydive Burnaby owners Mike and Tara Pitt are appealing plans for the turbines to be erected on Station Rd. land near Concession 1 owned by the Loeffen family, who have partnered on the project with Rankin Construction, a partner in Wainfleet Wind Energy.

The turbines are proposed to be built 1.5 km west of the skydiving club, raising questions of safety for parachutists in the minds of the Pitts.

The Pitts were not available for comment.

The tribunal hearing resumes Jan. 27.

That's one day before township council's controversial decision to apply \$40,000 in taxpayer money toward Skydive Burnaby's legal bills is expected to

be resolved by elected officials.

The Dec. 10 decision triggered the second lawsuit by Wainfleet Wind Energy against the municipality.

Following public delegations for and against the \$40,000 decision at last week's council meeting, Jeffs said no final decision on whether to contribute that money or rescind the decision will be made until Jan. 28, so the township's legal counsel in the meantime could review the matter.

She also said no money has exchanged hands.

Figures presented to the public last week by township treasurer Robyn Madere showed from 2012 to Sept. 13, 2013, the municipality had spent \$193,600 fighting turbines, including legal fees and \$66,645 awarded to Wainfleet Wind Energy, which successfully sued to strike down a township bylaw that called for a two-kilometre residential setback for wind turbines, rather than the 500-metre setback required as part of the Green Energy Act.

greg.furminger@summedia.ca  
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# INPORT DATEBOOK

## From Page 9 FAMILY LITERACY DAY

at Welland Public Library includes a "family book-nic" 5:30 p.m. to 5:30 to 6 p.m. at the Diamond Trail branch and 6 p.m. to 7 p.m. at the main branch. The menu includes nutritious snacks and fun activities that children of all ages will enjoy. At the Diamond Trail branch stories will be read by fire Chief Denys Prevost and at the main branch deputy mayor Paul Grenier.

## PELHAM HORTICULTURAL

Society meeting at the Fonthill library, 7:30 p.m. All welcome to come and hear Wolfe Bonham of Peace, Love and Landscaping talk about "Garden Design - Overcoming Landscaping Problems & Mistakes."

## ADULT BOOK CLUB

at Wainfleet Township Public Library at 6:30 p.m. This month's selection is *The Street of a Thousand Blossoms*, by Gail Tsukiyama. To obtain a copy of the book, please register as a book club member.

## JANUARY 29

### FILM BUFFS

discussion group at Port Colborne Public Library. Members watch films at home and then join the group for discussion. Time 2

p.m. to 4 p.m. All films to be discussed are available in DVD format to borrow from the Library. January's selections are *Night of the Hunter* and *The Legend of 1900*.

## JANUARY 30

### CLASSIC BOOK CLUB

at Wainfleet Township Public Library 2 p.m. to 3 p.m. Join us for afternoon tea as we discuss the works of classic literature. This month's selection is *Little Women*, by Louisa May Alcott. To obtain a copy of the book, please register as a book club member.

### GNOCCHI DINNER

from the Casa Dante back door, 3 p.m. to 6:30 p.m. or until food lasts. Dinners are \$10. Takeout only. Sauce, meatballs, minestrone soup, and pasta fagioli are also available for takeout.

## FEBRUARY 3

### WINDOWS 8.1 INTRODUCTION

Marc Mailhot, Pelham Public Library's Gadget Guy, will present information on WIN8.1 and will be available while you practice your newly-acquired skills. You must bring your own laptop or device with a WIN8.1 operating system. Time 6 p.m. to 8 p.m.; cost \$10 payable at time of registration.



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# SPORTS

■ **SPORTS:** Prospect for the Rangers traded to Pirates

## Learn closer to home in Port

**BERND FRANK**  
QMI Agency Niagara

Thoughts of home no longer preoccupy Ty Learn now that he's playing junior B hockey much closer to home.

While never overcome by homesickness and an overwhelming desire to return to his Niagara roots, the 17-year-old PortHill native thought about home often enough during his

season and a half with the Kitchener Flying Dutchmen of the Greater Ontario Junior Hockey League's Midwestern Conference. He admitted it became a distraction from time to time.

"I didn't feel 100% committed. I thought if I was home, I wouldn't have to think about that any more. I could concentrate on hockey more," Learn, who was acquired by the Port Colborne Pirates in a cash deal

at the trade deadline, said.

He said he enjoyed playing in Kitchener on a provincial powerhouse that this season set the Ontario junior B record with 25 straight wins. He also liked being a short car ride away from Memorial Auditorium, where the Kitchener Rangers, the team that selected him in the seventh round of the 2012 Ontario Hockey League, play their home games.

"It was unbelievable. Everyone was in there," he said of playing before capacity crowds in the 7,234-seat arena in his stints with the Rangers.

The 5-foot-11, 180-pound forward saw action in three games for the Rangers this season after playing eight games in the O is his first year living in Kitchener.

Despite the move to Port Colborne, the 5-foot-11, 180-pound forward remains a prospect in the Rangers organization. Kitchener retains his OHL rights and Learn expects to attend the team's training camp in August.

Though he has gone from first in the Midwest to second-last in the Golden Horseshoe Conference, Learn likes becoming part of the youth movement the Pirates are creating under team owner Tim Toffo and first-year coach Yvan Charrois.

"I feel like I'm going to get more ice time here, and get more prepared," the son of Ed and Lisa Learn and a Grade 12 student at Notre Dame College

School said.

Learn, who rates energy, speed and hitting as his greatest strengths on the ice, said his immediate hockey goals are to sharpen his skills and work on his consistency.

"I think my development is going to be better here. I'm happy to be here,"

Charrois said getting Learn became a priority once the Pirates decided to jettison their 20-year-olds and get a head start on the 2014-15 season by loading up on younger players.

"He's a great two-way player who hits hard. It's all about building toward the future," Charrois said.

In his rookie season in junior B, Learn had nine goals and five assists in 47 games for Kitchener. Learn had six goals and four assists in 25 games for the Flying Dutchmen this season, and he has one goal in his first three games with the Pirates.

bernd.frank@sunmedia.ca

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# SPORTS

■ **HOCKEY:** Port drops weekend games to Buffalo and Welland

## Pirates continue to struggle

**BERND FRANKS**  
QMI Agency Niagara

Less than a day after running out of leads, the Port Colborne Pirates ran out of comebacks.

After allowing five unanswered goals in a 6-3 loss at home to the Welland Junior Canadians on Friday night, the Don Cherry's Pirates trailed the Buffalo Regals 4-1 the following afternoon on the road.

They were able to make it a one-goal game toward the end of the second, but that was as close as they would get to snapping a four-game losing streak. Buffalo netted three straight goals to score a 7-3 victory and win for the first time

in 16 games.

It was only the Regals' second win against 37 losses this year, and the team's second of the season against Port Colborne. Their last victory was Nov. 12 when they visited Port Colborne and returned home with a 5-4 victory.

Matt Mahony led Buffalo on offence with three goals, and Nicholas Matos scored twice, the last into an empty net. Colin Farrell and Michael Faliero also found the back of the net for Regals who outshot Port Colborne 29-28 and improved their record to 2-36-0-1.

Spencer Fox, James Mense-Detrich and Cody Levasseur

replied for the Pirates, now 9-28-0-2 in the Greater Ontario Junior Hockey League's Golden Horse-shoe Conference.

Adam Denticio made 25 saves to collect the win, while Marcus Hlywka, who started the game between the pipes for Port Colborne, was tagged with the loss. He surrendered 10 goals and 14 shots before giving way to Jake Danson, who stopped 10 of 14 shots the rest of the way.

Next action for the Pirates is Friday at home in a 7:30 faceoff against the Port Erie Meteors.

**JUNIOR CANADIANS 6,  
PIRATES 3**

At Port Colborne, Welland came back from a 3-1 deficit and doubled the Pirates, continuing their dominance in this season's Battle of Hwy. 140.

Down 3-1 after surrendering three straight goals, one-time Port Colborne sniper Bryan Komarsara, in his first game against his former team; Damien Lalonde, Brayden Stortz, J.C. Thivierge and Matt Cuglietta all found the back of the net to give the Young Insurance Junior Canadians their fourth win in as many

starts in the hotly contested regional rivalry.

Miller Hatten opened the scoring for Welland, which outshot the Pirates 45-34 and snapped a two-game losing streak to improve to 20-14-9-4.

Team captain John DiLorenzo, with his first goal of the season; Ryall Ledyard and Mense-Detrich replied for the Pirates.

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BERND FRANKS/STAFF PHOTO

Welland Junior Canadians defenceman Gabe Ruggi clears the puck in junior B hockey against the Port Colborne Pirates Friday, Jan. 18, 2014, in Port Colborne, Ont.

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Application

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**HELP WANTED - LOCAL PEOPLE NEEDED!!!**  
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## Career Training

## Career Training

## Computer Courses for Adults

**Starting This Month!**

**Courses are tuition-free!**

**Available in**

**Welland & Port Colborne**

**Location**

**Info Sessions (No need to call ahead!)**

**WELLAND,**

Centennial 55, 240 Thorold Rd. W.  
or call: 905-735-0700 x. 80711

**Wed., January 29**

1:00p.m., Room 226

**PORT COLBORNE,**

Pt. Colborne H5, 211 Elgin St.  
or call: 905-835-1186 x.54442

**Wed., January 29**

1:00p.m., Room 321

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# The Healthy Cupboard

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**PORT COLBORNE**  
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(across from Food Basics)  
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**Customer Appreciation Day**  
FIRST WEDNESDAY OF  
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## BONEMD<sup>®</sup>

*Increases Bone Mineral Density*

### My bones. Strong for life.

Proven to increase bone mineral density  
One-per-day supplement  
Made from New Zealand dairy sources



**Clinically Proven Results!**

### What is BoneMD?

BoneMD<sup>®</sup> contains MBP<sup>™</sup>, a natural protein complex found in trace amounts in milk. One would have to drink almost a litre of milk to get the MBP<sup>™</sup> contained in a single daily-dose BoneMD<sup>®</sup> capsule.

#### Bone Metabolism

Each day, our bones undergo a constant, gradual process of regeneration. Bones are created from living cells, and continually regenerate themselves through a process known as bone metabolism. Bone metabolism involves the destruction of old bones, or bone resorption, and the creation of new bones, or bone formation. The cells that handle bone resorption are known as osteoclasts, while the cells engaged in bone formation are called osteoblasts. Osteoblast cells produce collagen, the basic building material of bones. When osteoblasts produce collagen, calcium from the bloodstream attaches to the collagen to form new bone material.

#### How BoneMD<sup>®</sup> Helps Build Bones

MBP<sup>™</sup>, the active ingredient in BoneMD<sup>®</sup>, regulates the activity of bone-destroying osteoclast cells, while increasing the number of osteoblast cells and stimulating them to increase the production of collagen, the building block of bones.

#### Without MBP<sup>™</sup>:

When a bone becomes unhealthy, osteoclasts function excessively and dissolve too much calcium.

#### When MBP<sup>™</sup> goes to work:

Osteoclasts are inhibited, excessive osteoclast activity is inhibited, and the bone returns to health.



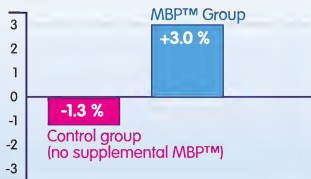
MBP<sup>™</sup> both suppresses bone resorption

and stimulates bone formation. MBP<sup>™</sup> is an important

substance that maintains a balanced bone metabolism, assisting in bone formation during periods of growth, and helping to prevent osteoporosis.

The MBP<sup>™</sup> in BoneMD<sup>®</sup> increases bone mineral density by activating the formation of bone-building osteoblasts and by inhibiting excessive osteoclast formation which breaks bone down.

### Bone density increase\*



### Is BoneMD<sup>®</sup> clinically proven?

Human clinical trials have repeatedly demonstrated that the active ingredient in BoneMD<sup>®</sup> can increase bone mineral density through its effects on osteoblasts and osteoclasts. Test group trials have verified that taking as little as 40 mg of MBP<sup>™</sup> per day leads to increased bone density. In tests done on a group of 33 women ranging in age from twenty-two and fifty-four, each participant of MBP<sup>™</sup> group (n=17) consumed 40 mg of MBP<sup>™</sup> per day for six months. Results showed an average 3% increase in bone density of the radius (a forearm bone located near the wrist).\*

#### Recommended dose:

Adult women: Take 1 capsule per day.

The Healthy Cupboard **BONEMD<sup>®</sup>**  
*Increases Bone Mineral Density*

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The Healthy Cupboard

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### TWO LOCATIONS!

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**Did you know?**  
The DSBN proudly  
offers Full Day  
Kindergarten  
at all of our 85  
public elementary  
schools!



**Not sure which school your  
child should attend?**

**SchoolLocator**

Our easy-to-use School Locator can help!  
Simply type in your address to find the  
location of your DSBN home school!

[www.dsbno.org/findaschool](http://www.dsbno.org/findaschool)

**Simcoe Street Public School**  
4760 Simcoe Street, Niagara Falls  
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YMCA Childcare  
After school program

**Valley Way Public School**  
3315 Valley Way, Niagara Falls  
(905) 356-6611

**Victoria Public School**  
3635 Heritage Drive, Niagara Falls  
(905) 354-1321

**NIAGARA ON THE LAKE  
Crossroads Public School**  
1350 Niagara Stone Rd, NOTL  
(905) 686-7793  
YMCA Child Care On-site  
289-686-8867

**Parliament Oak Public School**  
325 King Street, Niagara on the Lake  
(905) 468-4253

**St. Davids Public School**  
1344 York Road, St. Davids  
(905) 362-4533  
Way to Grow  
St. Davids On-site  
289-969-6731

**PELHAM  
A.R. Wigg Public School**  
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Pelham On-site  
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**E.M. Farr Public School**  
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Child Care On-site  
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**Glynn A. Green Public School**  
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YMCA Child Care On-site  
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**PORT COLBORNE  
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**McKay Public School**  
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A Child's World  
Child Care On-site  
905-300-5306

**Oakwood Public School**  
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(905) 834-9732  
A Child's World  
Child Care On-site  
905-835-9752

**Steele Street Public School**  
214 Steele Street, Port Colborne  
(905) 834-4333

**ST. CATHARINES  
Alexandra Public School**  
84 Henry Street, St. Catharines  
(905) 685-5489  
YMCA Child Care On-site  
905-684-5951

**Applewood Public School**  
130 Woodrow Street, St. Catharines  
(905) 684-4359

**Briardale Public School**  
14 Caroline Street, St. Catharines  
(905) 684-9259  
YMCA Child Care On-site  
905-685-6105

**Burleigh Hill Public School**  
15 Burleigh Hill Drive, St. Catharines  
(905) 227-4641

**Carleton Public School**  
1 Carlton Park Dr., St. Catharines  
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YMCA Child Care On-site  
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**Connaught Public School**  
28 Prince Street, St. Catharines  
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Western Hill Day Care On-site  
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**Ferndale Public School**  
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Child Care On-site  
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YMCA Child Care On-site  
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**Gracefield Public School**  
117 Bayview Drive, St. Catharines  
(905) 934-1411  
YMCA Child Care On-site  
905-646-9622

**Grapeview Public School**  
106 First Street South, St. Catharines  
(905) 904-8517  
YMCA Child Care On-site  
905-682-9455

**Lincoln Centennial Public School**  
348 Scott Street, St. Catharines  
(905) 937-5110

**Lockview Public School**  
505 Bunting Road, St. Catharines  
(905) 934-3331  
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905-935-8427

**Maywood Public School**  
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(905) 685-8451

**Meadowdale Public School**  
63 Cecil Street, St. Catharines  
(905) 935-4292  
YMCA Child Care On-site  
905-934-9047

**Memorial Public School**  
17 Welland Avenue, St. Catharines  
(905) 685-7347  
YMCA Child Care On-site  
905-682-0688

**Oakridge Public School**  
1 Marsdale Avenue, St. Catharines  
(905) 684-6589

**Parnall Public School**  
507 Geneva Street, St. Catharines  
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YMCA Child Care On-site  
905-937-5260

**Pine Grove Public School**  
600 Lake Street, St. Catharines  
(905) 935-1901  
YMCA Child Care On-site  
905-934-9091

**Port Weller Public School**  
273 Parnall Road, St. Catharines  
(905) 934-3322  
YMCA Child Care On-site  
905-937-0312

**Power Glen Public School**  
34 Westland Street, St. Catharines  
(905) 684-7429  
YMCA Child Care On-site  
905-984-3344

**Prince of Wales Public School**  
95 Facer Street, St. Catharines  
(905) 937-2225

**Prince Philip Public School**  
600 Vine Street, St. Catharines  
(905) 934-2525  
YMCA Child Care On-site  
905-935-9973

**Sheridan Park Public School**  
114 Linwell Road, St. Catharines  
(905) 937-0510

**Westdale Public School**  
130 Ryken Street, St. Catharines  
(905) 682-9284  
YMCA Child Care On-site  
905-397-9095

**Woodland Public School**  
1511 7th Street South, St. Catharines  
(905) 685-1331  
A Child's World  
Child Care On-site  
905-735-1162

**THOROLD  
Ontario Public School**  
550 Alanning Road, Thorold  
(905) 227-2851

**Prince of Wales Public School**  
40 Pine Street, Thorold  
(905) 227-1321  
YMCA Child Care  
After School Program  
Richmond Street Public School

153 Richmond Street, Thorold  
(905) 227-2971  
Thorold Community  
Activities Group After School  
Child Care On-site  
905-227-0545

**Westmont Public School**  
73 Ann Street West, Thorold  
(905) 227-3827  
YMCA Child Care  
Supervised walk to location  
905-680-7164

**WAINFLEET  
William E. Brown Public School**  
31870 Lee Street, Wainfleet  
(905) 899-3471

**Winger Public School**  
53220 Winger Road, Wainfleet  
(905) 899-3821

**WELLAND  
Diamond Trail Public School**  
315 Southworth Street, Welland  
905-734-3208

**Fitch Street Public School**  
164 Fitch Street, Welland  
(905) 732-3683

**Glendale Public School**  
24 Farham Avenue, Welland  
(905) 735-5213  
YMCA Childcare On-site  
905-734-1209

**Gordon Public School**  
468 Thorold Rd. W., Welland  
(905) 734-3730

**Plymouth Public School**  
111 First Street, Welland  
(905) 732-4110  
A Child's World  
Supervised walk to location  
905-735-6312

**Princess Elizabeth Public School**  
330 Scollfield Avenue, Welland  
(905) 734-3460

**Quaker Road Public School**  
333 Quaker Road, Welland  
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**Reas Public School**  
358 Niagara Street, Welland  
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**WEST LINCOLN  
Calister Central Public School**  
1794 Regional Rd. 6, Calister Centre  
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**College Street Public School**  
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YMCA Child Care On-site  
905-956-0995

**Gainsborough Public School**  
5659 Highway 20 RR #2, St. Amos  
(905) 386-6223



The DSBN strives to connect  
families to daycare through  
transportation. Talk to your  
school for more information.

**Come in to our Kindergarten Open House! Thursday, February 6 4:00 - 6:00 p.m.**

## How can I help my child get ready for learning in Kindergarten?

Children do not need to have specific knowledge or skills to begin school, but you can help your child get a great head start and support their learning by introducing some math and literacy related activities into your home routine.

### Math on the Go!

Clapping, playing with different shapes, and sorting items by colour. These activities are fun and a great way to make math part of your child's everyday life.

Kindergarten children have a natural ability to connect with math concepts. Everyday activities offer opportunities for your child to connect their natural mathematical thinking to more formal mathematics. Here are some math activities you can try at home and on the go:

- Play number games during everyday activities, such as counting the number of steps while walking, the number of trucks you see while driving, or count the change needed to pay for an item
- Help your child recognize shapes and size relationships. At the grocery store, ask your child to find items that are triangles, circles, rectangles, and other shapes.
- Have your child help sort the laundry by different categories: by color, by item or by who it belongs to.
- Kindergartners love repetition and patterning, which fosters mathematical thinking. Clapping patterns help your child discover sequences and predict what comes next.

Come on in to  
our Kindergarten Open House!

Thursday, February 6  
4:00 - 6:00 p.m.



### Let's Write!

Strong handwriting skills have been shown to help children do better in spelling, creative writing and even math. You can support your child's learning by encouraging your child to write often, and by giving lots of praise for any attempts they make!



They can write:

- a grocery list
- a note to a family member
- your phone number
- their name
- the alphabet

### Did you know?

Smaller writing tools are easier for little hands to grasp. A small size gives little ones a chance to develop more control when learning handwriting skills.